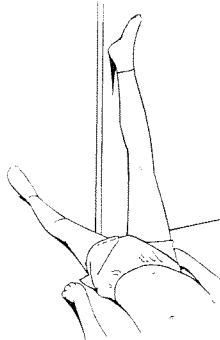


HIP / KNEE - 33
Stretching: Hamstring Wall Stretch

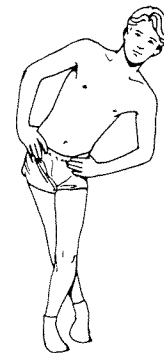
Lying on floor with involved leg on wall and other leg through doorway, scoot buttocks toward wall until a stretch is felt in back of thigh. As leg relaxes, scoot closer to wall.



Hold 30 seconds
Repeat 5 times.
Do 2 sessions per day.

HIP / KNEE - 36
Stretching: Tensor Stretch

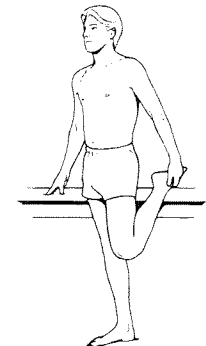
Cross left leg over the other, then lean to the left until a stretch is felt over outside of hip. Hold 30 seconds.



Repeat 5 times.
Do 2 sessions per day.

HIP / KNEE - 37
Stretching: Quadriceps Stretch

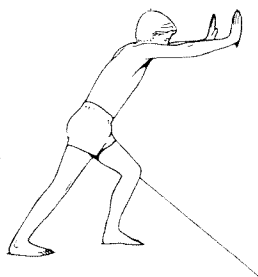
Pull heel toward buttock until a stretch is felt in front of thigh.



Hold 30 seconds.
Repeat 5 times.
Do 2 sessions per day.

HIP / KNEE - 41
Stretching: Gastroc Stretch

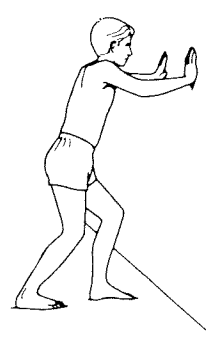
Keeping back leg straight, with heel on floor and foot straight ahead, lean into wall until a stretch is felt in calf. Hold 30 seconds.



Repeat 5 times.
Do 2 sessions per day.

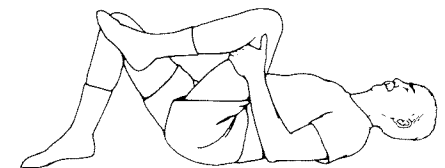
HIP / KNEE - 42
Stretching: Soleus Stretch

Keeping back leg slightly bent, with heel on floor and foot straight ahead, lean into wall until a stretch is felt in calf. Hold 30 seconds.



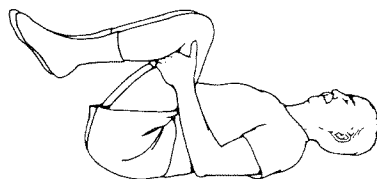
Repeat 5 times.
Do 2 sessions per day.

BACK - 18
Single Knee-to-Chest Stretch



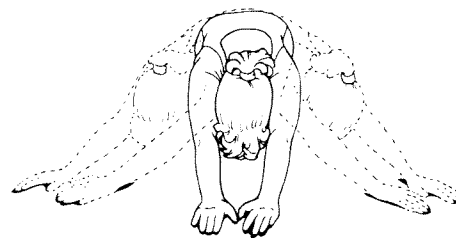
With hand behind one knee, pull knee in to chest until a comfortable stretch is felt in lower back and buttocks. Keep back relaxed. Hold 30 seconds. Repeat with other knee. Repeat 5 times. Do 2 sessions per day.

BACK - 19
Double Knee-to-Chest Stretch



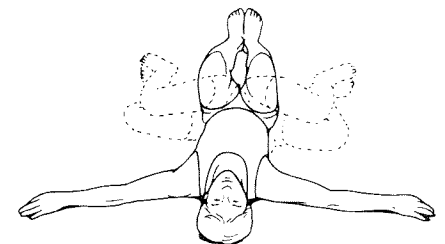
With hands behind knees, pull both knees in to chest until a comfortable stretch is felt in lower back and buttocks. Keep back relaxed. Hold 30 seconds. Repeat 5 times. Do 2 sessions per day.

BACK - 21
Mid-Back Rotation Stretch



Reach to each side as far as you can, keeping chest as low to floor as possible. Hold 30 seconds. Repeat 5 times each side. Do 2 sessions per day.

BACK - 30
Lower Trunk Rotation



Bring both knees in to chest. Rotate from side to side, keeping knees together and feet off floor. Hold 30 seconds. Repeat 5 times each side. Do 2 sessions per day.